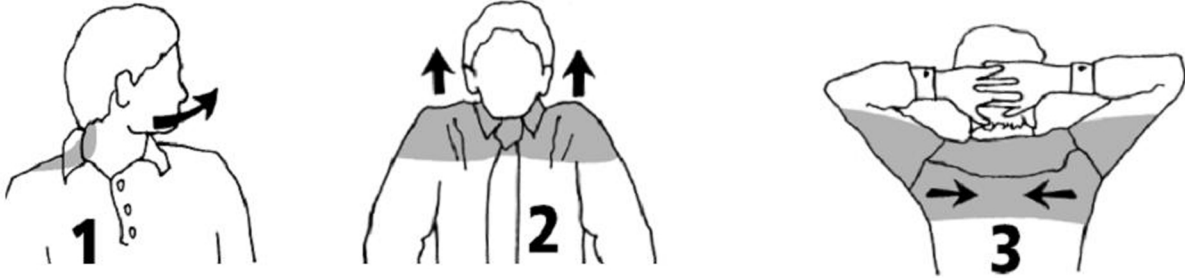


Stretches

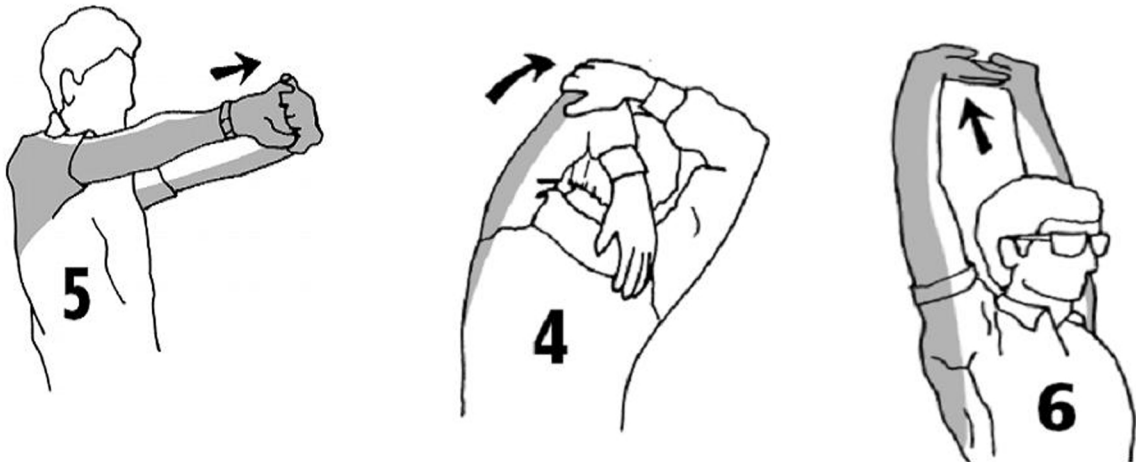
The Pure-Health way

Traveler's and Driver's Stretches



For stretches 1-3:

Hold each position for 5 seconds, repeat each side 2-3 times.



For stretches 4-6:

Hold each position for 10-15 seconds. If comfortable, repeat each exercise 2 times.

Be sure to keep your neck relaxed and your breathing calm.